

# HOW "HARDY" ARE YOU?



January is here and the start of a NEW YEAR... and resolutions. People often use the new year as a time to think about how they are doing with health, social, family, and financial aspects of their lives; and then plan changes to make their lives better or easier.

It is believed by some researchers that people with "hardy" personalities are better able to deal with the stresses and complexities of life. It is also believed that individuals can learn a "hardy" approach to life.

The hardy personality type of person is not exactly defined. It is a listing of traits and qualities that are thought of as "hardy". People with a strong will to live and mental and physical health have the qualities of a hardy personality.

So, look over the following list and see which hardy personality traits are part of your regular routine, and which you might think about working on in the coming year.

Hardy Personality Traits
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Can Do

Need Help

- ❖ Aware of changes in their body, but do not dwell on every ache and pain.

For example:

- Know when they are tired
- Take care of themselves, when they feel a cold coming on

- ❖ Have a balanced exercise program.

For example:

- Exercise 3-4 times each week
- Have a regular exercise routine

- ❖ Have mental toughness and resilience.

For example:

- When they have a setback they bounce back more quickly because they have a realistic, positive attitude.

- ❖ Manage time wisely.

For example:

- Do homework on time
- Make formula ahead of time

- ❖ Seek help from a friend or professional if they feel overwhelmed.    
 For example:
  - Have a trusted person they can talk to freely
  
- ❖ Do not hold grudges. They accept life as it is and work with it.
  
- ❖ Eat a disciplined diet.    
 For example:
  - They know how different foods affect their bodies
  - Try to make healthy choices daily
  
- ❖ Have emotional balance.    
 For example:
  - They get excited. They get sad.
  - They don't dwell or remain in either state beyond the natural time span for their expression.

Reread the list of hardy personality traits. Which qualities would be most beneficial to the management of your PKU?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you feel that you have a hardy personality? If you do, great! Keep working on these self-reliance skills. If you think you are a bit weak in some areas, choose one thing to work on this year. Monitor yourself and see what happens. Being hardy is not being perfect, it is trying your very best to take lemons and make lemonade! Good luck!



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